

# ACTIVE DAYS

## SAFE WATERWAYS



Find your **movement**.  
Find your **place**.



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# Discover Walsall's canals - and feel better for it!

Our Move Together campaign aims to inspire people to embrace movement as part of their daily lives.

The canals are great places for people of all ages to unwind, recharge and get active over the school holidays. Spending time by the waterways can greatly improve people's physical and mental wellbeing. From kids' activity trails and wildlife spotting, to walking, cycling, paddle sports, fishing and boating, there's so much you can do with family and friends.

Check out our top tips on canalside activities in this guide - and enjoy water safely this summer.

80% of Black Country people live within a mile of open water. With the right water safety education, accidental drownings are preventable. The Black Country Water Safety Resource Hub for educators, community groups and families provides FREE lesson plans, practical activities and interactive videos to educate children and adults about the risks around open water.

Find out more: [www.activeblackcountry.co.uk/water-safety-programme](http://www.activeblackcountry.co.uk/water-safety-programme)



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## ROYAL SUTTON COLDFIELD CANOE CLUB / BROWNHILLS

The canoe club is a fantastic venue in the Black Country because it offers a fun, affordable way to enjoy the outdoors, explore local canals, and stay active. Whether you're a beginner or experienced paddler, it's a great way to connect with nature, meet new people, and discover a different side of the region's industrial heritage—all while keeping cool on the water.



0121 360 2136



[membership@suttoncanoe.org.uk](mailto:membership@suttoncanoe.org.uk)



[www.suttoncanoe.org.uk](http://www.suttoncanoe.org.uk) / [www.brownhillsca.org.uk/canoeing.html](http://www.brownhillsca.org.uk/canoeing.html)

## CANAL PATHS & WALKING ROUTES

Check out Walsall's loop of networked canals with routes that are ideal for walking, running and cycling, which include:

- DAW END CANAL
- RUSHALL CANAL
- TAME VALLEY CANAL
- WALSALL CANAL
- WYRLEY AND ESSINGTON CANAL



0303 040 4040



[friends@canalrivertrust.org.uk](mailto:friends@canalrivertrust.org.uk)



[canalrivertrust.org.uk](http://canalrivertrust.org.uk)



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## Walsall Walk On

A free, led walking scheme across Walsall borough, held in parks, green spaces, and countryside areas. Walks are led by trained walk leaders with a back marker to ensure safety, pacing and group inclusion. They are ideal for building fitness, encouraging social connections and improving both physical and mental wellbeing. Several walks make use of the canal network in Walsall. A good example is the one from Aldridge Airport on a Wednesday morning which often uses the Rushall Canal as part of the route. Simply turn up at the start location 15 minutes before the start time.



01922 650465



Join Walsall Walk On

## GIVE A GIRL A BIKE

Based at Willenhall Memorial Park, Give a Girl a Bike runs FREE weekly cycling sessions. The group encourages women and children to get out on their bikes, catering for all abilities. It offers the opportunity to discover new places to cycle in the Black Country and beyond, helps them gain confidence as a group and make new friends - and most of all have fun. That's the power of riding together. The guided bike rides go around the Willenhall area and other parts of Walsall, sometimes using the canal network.



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giveagirlabike22@gmail.com



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## WALSALL ARBORETUM COMMUNITY CYCLE CLUB

With its social group rides, led by Cycling UK trained ride leaders, the club aims to make cycling accessible to all adults in Walsall. The adults-only group meets every Tuesday morning 10am-12.30pm at the clock tower by the main entrance to the Walsall Arboretum. Designed to boost confidence, health and wellbeing, led rides out of the park are mostly off road - and on a few quiet roads for confident cyclists. Bikes and helmets are provided free of charge or you can bring your own. Bring some photo ID to register at your first session. The group is part of British Triathlon's Swim Bike Run/Walk programme.



Sukanya Patel: 07766 227767



[walsallarboretumcycleclub@gmail.com](mailto:walsallarboretumcycleclub@gmail.com)



Join the cycle club rides:  
[cyclinguk.org/local-groups/walsall-arboretum-community-cycle-club](https://cyclinguk.org/local-groups/walsall-arboretum-community-cycle-club)

## COUCH TO 5K

A free, 12-week running course, following the NHS Couch to 5K framework (with a two-week extension) to support gradual progression into running 5km. Led by qualified Jog Walsall Leaders (wearing bright orange tops), trained in Leadership in Running Fitness, some are also England Athletics coaches. Designed for complete beginners or those easing back into running - for physical, mental and social wellbeing. The sessions from Oak Park Active Living Centre on a Tuesday evening use the Daw End Branch canal in Walsall Wood as part of their running route, which links the active living centre to Clayhanger Common.



01922 650465



Join Couch to 5k



[www.facebook.com/groups/jogwalsalloakpark/](https://www.facebook.com/groups/jogwalsalloakpark/)



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## ***KEY WEBSITES & LINKS***

Royal Sutton Canoe Club - [suttoncanoe.org.uk](http://suttoncanoe.org.uk)  
[www.brownhillsca.org.uk/canoeing.html](http://www.brownhillsca.org.uk/canoeing.html)

Walsall Walk On - Join the FREE walking initiative

Walsall Arboretum Community Cycling Club - [cyclinguk.org/local-groups/walsall-arboretum-community-cycle-club](http://cyclinguk.org/local-groups/walsall-arboretum-community-cycle-club)

Couch to 5k - [www.facebook.com/groups/jogwalsalloakpark/](http://www.facebook.com/groups/jogwalsalloakpark/)

Walsall Council - [go.walsall.gov.uk](http://go.walsall.gov.uk)

Canal & River Trust - [canalrivertrust.org.uk](http://canalrivertrust.org.uk)

Active Black Country - [activeblackcountry.co.uk](http://activeblackcountry.co.uk)

Water Safety Programme - [activeblackcountry.co.uk/water-safety-programme](http://activeblackcountry.co.uk/water-safety-programme)



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